



Failure is an Option: How setbacks breed success

Terry Robson

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Want to be a success? Then you'll need to embrace failure first. This inspiring book by ABC Local Radio's wellbeing expert gives you all the insights and tools you'll need to pick yourself up, dust yourself off, and discover your true potential. Everybody has experienced failure at some stage - and we will no doubt experience it again, perhaps many times. the question is: does failure get the credit it deserves? In this inspiring and practical book, terry Robson reveals how success cannot be achieved without a willingness to embrace failure - shows us the opportunity that failure presents us to reflect and reassess. He delves into the notion of failure from philosophical, psychological and spiritual perspectives, and provides the tools we need to not only cope with failure, but also to learn from it. the insights of life coaches, psychologists, a Buddhist nun, a Christian minister and even a Sufi counsellor are interspersed with interviews with people who have succeeded after failure - including billionaire entrepreneur Gerry Harvey, world champion surfer Layne Beachley, singer toni Childs and television personalities Antonia Kidman and Mikey Robbins. this book is an indispensable guide to picking yourself up, dusting yourself off, and discovering your true potential.

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